

Bowling Green State University

ScholarWorks@BGSU

Ray Browne Conference on Cultural and Critical
Studies

2018: Borders and Borderlands

Apr 8th, 2:00 PM - 2:50 PM

Counseling the Media: Bridging Pop Cultural Borders with the Mental Health Profession

Stephanie J. Durham

Bowling Green State University, sdurham@bgsu.edu

Michael A. Desposito

Bowling Green State University, mdespos@bgsu.edu

Follow this and additional works at: <https://scholarworks.bgsu.edu/rbc>



Part of the [Counseling Commons](#), and the [Mental and Social Health Commons](#)

Durham, Stephanie J. and Desposito, Michael A., "Counseling the Media: Bridging Pop Cultural Borders with the Mental Health Profession" (2018). *Ray Browne Conference on Cultural and Critical Studies*. 6. <https://scholarworks.bgsu.edu/rbc/2018conference/018/6>

This Event is brought to you for free and open access by the Conferences and Events at ScholarWorks@BGSU. It has been accepted for inclusion in Ray Browne Conference on Cultural and Critical Studies by an authorized administrator of ScholarWorks@BGSU.

Presentation Type: Experiential PowerPoint

Subject Areas Discussed: (e.g. Cross-Disciplinary Discourses; Liminal Identity aka counseling at a threshold of being portrayed in pop culture and how crystallized counseling identity”; Popular Culture)

Title: Counseling the Media: Bridging Pop Cultural Borders with the Mental Health Profession

Body:

Professional counseling is often defined as a professional relationship meant to empower diverse people towards their mental health and wellness goals (Kaplan, Tarvydas, & Gladding, 2014). While counselors continue to provide professional services in many settings, counseling is not always portrayed in a positive light within television and film. Shows such as *13 Reasons Why* and *How I Met Your Mother* both portray an inaccurate perception of counseling characters who disregard their ethical duties despite the American Counseling Association’s *Code of Ethics* (2014) mandates for safe-guarding the wellbeing of those seeking counseling, honoring multicultural diversity, and advocating for social justice. This frequent portrayal of unethical behaviors conflates mental health stigma with needed healthcare services for marginalized populations. Pop culture thus serves as a border, separating fiction from reality and superimposing a socially constructed barrier between optimal health and exaggerated entertainment.

To correct these concerns, professional counseling can bridge gaps created by these borders by respecting pop cultural influences and disallowing societal oppression (Tarvydas, Vazquez-Ramos, & Estrada-Hernandez, 2015). Integration of literary and enacted characters in diverse media can serve as metaphors to enhance the therapeutic experience for clients, overcome life challenges, and promote optimal health goals (Rubin, 2008; Schmidt, 2009). Therefore, this experiential presentation will provide audience members a unique opportunity to critically analyze media portrayals of counseling services and discuss the impact on mental health stigma. Attendees will learn how pop culture can be ethically integrated within a counseling setting to respect each individual’s needs and diversity without promoting stigma.

Word Count: 250 / 250 MAX

Learning Objectives:

1. Attendees will recognize how the border between professional counseling as an occupation and how pop culture’s portrayal of professional counselors in diverse media contributes to mental health stigma.
2. Attendees will learn how to identify accurate media portrayals of professional counselors by delineating appropriate boundaries between professional and fantasy roles to improve mental health accessibility.
3. Attendees will understand how professional counselors can ethically integrate pop cultural concepts to solve several problems projected within pop cultural media shows.

References:

- American Counseling Association (2014). ACA Code of Ethics. Alexandria, VA: Author.
- Granello, D. H., & Pauley, P. S. (2000). Television viewing habits and their relationship to tolerance toward people with mental illness. *Journal of Mental Health Counseling*, 22(2), 162-175.
- Kaplan, D. M., Tarvydas, V. M., & Gladding, S. T. (2014). 20/20: A vision for the future of counseling: The new consensus definition of counseling. *Journal of Counseling & Development*, 92(3), 366-372. doi:10.1002/j.1556-6676.2014.00164.x
- Rubin, L. (2008). *Popular culture in counseling, psychotherapy, and play-based interventions*. New York, NY: Springer.
- Schmidt, J. D. (2009). Review of Using superheroes in counseling and play therapy. *Smith College Studies in Social Work*, 79(1), 87-92. doi:10.1080/00377310802634905
- Tarvydas, V., Vazquez-Ramos, R., & Estrada-Hernandez, N. (2015). Applied participatory ethics: Bridging the social justice chasm between counselor and client. *Counseling And Values*, 60(2), 218-233. doi:10.1002/cvj.12015